

# Health for Sick Women

## For Forty Years Lydia E. Pinkham's Vegetable Compound Has Been Woman's Most Reliable Medicine—Here is More Proof.

To women who are suffering from some form of woman's special ills, and have a constant fear of breaking down, the three following letters ought to bring hope:—



North Crandon, Wis.—"When I was 16 years old I got married and at 18 years I gave birth to twins and it left me with very poor health. I could not walk across the floor without having to sit down to rest and it was hard for me to keep about and do my work. I went to a doctor and he told me I had a displacement and ulcers, and would have to have an operation. This frightened me so much that I did not know what to do. Having heard of Lydia E. Pinkham's Vegetable Compound I thought I would give it a trial and it made me as well as ever. I cannot say enough in favor of the Pinkham remedies."—Mrs. MARYE ASHACI, North Crandon, Wis.

### Testimony from Oklahoma.

Lawton, Okla.—"When I began to take Lydia E. Pinkham's Vegetable Compound I seemed to be good for nothing. I tired easily and had headaches much of the time and was irregular. I took it again before my little child was born and it did me a wonderful amount of good at that time. I never fail to recommend Lydia E. Pinkham's Vegetable Compound to ailing women because it has done so much for me."—Mrs. A. L. McCASLAND, 509 Have St., Lawton, Okla.

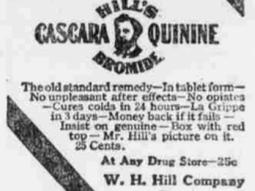
### From a Grateful Massachusetts Woman.

Roxbury, Mass.—"I was suffering from inflammation and was examined by a physician who found that my trouble was caused by a displacement. My symptoms were bearing down pains, backache, and sluggish liver. I tried several kinds of medicine; then I was asked to try Lydia E. Pinkham's Vegetable Compound. It has cured me and I am pleased to be in my usual good health by using it and highly recommend it."—Mrs. B. M. OSOON, 1 Haynes Park, Roxbury, Mass.



"If you want special advice write to Lydia E. Pinkham, Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence."

### Frightful Cold Today Good As Ever Tomorrow



The old standard remedy—In tablet form—No unpleasant after effects—No opiates—Cures colds in 24 hours—No griping in 3 days—Recommends itself—Insist on genuine—Box with red top—Hill's picture on it—25 Cents.

At Any Drug Store—25c W. H. Hill Company Detroit

### The Army of Constipation

Is Growing Smaller Every Day. CARTER'S LITTLE LIVER PILLS are responsible—they not only give relief—they permanently cure Constipation. Millions use them for Biliousness, Indigestion, Sick Headache, Sallow Skin. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.



### SUDDEN DEATH

Caused by Disease of the Kidneys

The close connection which exists between the heart and the kidneys is well known nowadays. As soon as the kidneys are diseased, arterial tension is increased and the heart functions are attacked. When the kidneys no longer pour forth waste, uræmic poisoning occurs, and the person dies and the cause is often given as heart disease, or disease of brain or lungs.

It is a good insurance against such a risk to send 10 cents for a large trial package of "Anuric"—the latest discovery of Dr. Pierce. Also send a sample of your water. This will be examined without charge by expert chemists at Dr. Pierce's Invalids' Hotel, Buffalo, N. Y. When you suffer from backache, frequent or scanty urine, rheumatic pains here or there, or that constant tired, worn-out feeling, it's time to write Dr. Pierce, describe your symptoms and get his medical opinion, without charge—absolutely free. This "Anuric" of Dr. Pierce is 37 times more active than lithia, for it dissolves uric acid in the system, as hot water does sugar.

Simply ask for Dr. Pierce's Anuric Tablets. There can be no imitation. Every package of "Anuric" is sure to be Dr. Pierce's. You will find the signature on the package just as you do on Dr. Pierce's Favorite Prescription, the ever-famous friend to ailing women.

Worry is a frequent cause and sometimes a symptom of kidney disease. Thousands have testified to immediate relief from these symptoms after using Dr. Pierce's Anuric Tablets for the kidneys and backache.

Dr. Pierce's Favorite Prescription makes weak women strong, sick women well. No alcohol. Sold in tablets or liquid.

### RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barber Compound, and 1/4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken, faded gray hair, and remove dandruff. It is excellent for falling hair and will make hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off.—Adv.

On the Diamond. Dorothy—You say it was their diamond wedding? Marion—Yes; they were married in the baseball park.

Some people know too much to believe anything. Just the same, we enjoy the praise of men whom we despise.

## FARMERS CONFRONTED WITH SERIOUS PROBLEM IN FERTILIZER SHORTAGE

### Secretary of Agriculture Makes a Statement Regarding the Supply of Potash, Phosphate and Nitrogen—Importation of Potash Is Cut Off as Result of European War—Conservation of Fertilizer Material Is Recommended.

Washington.—The secretary of agriculture makes the following statement regarding the fertilizer situation: American farmers are confronted by a serious situation in reference to fertilizer materials. As a result of the embargo placed by the German government on the exportation of potash, the supply of this substance has been entirely cut off. Under normal conditions sulphuric acid, which is required for making super-phosphates, is sold for \$5 or \$6 a ton. The increased demand for it since the breaking out of the European war has caused the price to rise to about \$25 a ton. It is impossible therefore for farmers to secure super-phosphates at prices which they have been accustomed to pay. The nitrogen supply is not materially less than usual.

In 1913, when conditions were normal, about \$125,280,000 worth of commercial fertilizers was used in the United States. Of this amount, the farmers paid \$48,830,000 for nitrogenous substances, \$56,000,000 for phosphates, and \$20,450,000 for potash salts. Practically all the potash salts were imported from Germany and the entire quantity of nitrate of soda came from Chile. Ammonium sulphate to the value of \$3,720,000 was received from abroad, mainly from England. The remainder of the fertilizer materials was derived from domestic sources.

The Phosphate Situation. Acid phosphate is the basis of nearly all commercial mixed fertilizers. It is made by the action of sulphuric acid upon phosphate rock. Our available sources of phosphate rock are greater than those of any other nation. The main supply for domestic consumption and for exportation comes from Tennessee, South Carolina and Florida.

In 1914, 2,734,000 tons of phosphate rock were produced in this country. Up to that year about one-half the quantity mined was exported to Europe. The rock in its natural state is not readily absorbed as a plant food. It is made available for this purpose by treatment with sulphuric acid, about one ton of the acid being used to a ton of phosphate rock. When thus treated, a super-phosphate containing 14 to 18 per cent of water-soluble phosphoric acid is made.—The bulk of the sulphuric acid which enters into the manufacture of acid phosphate is made by fertilizer companies. Practically every fertilizer establishment (excepting the cottonseed meal factories) having an annual capacity of 15,000 tons or more operates also a sulphuric acid plant. The demand for the acid is so strong at present that every effort is being made to utilize old and abandoned establishments and to erect new plants.

The potential sources of sulphuric acid in the United States are ample to produce more than double the present annual output. Few of the lead, zinc, or copper smelting companies using sulphuric acid have sulphuric acid plants in connection with their smelters. The fumes discharged into the atmosphere by these smelters are sufficient to produce many thousands of tons of sulphuric acid daily. Under normal conditions, the limited market for the acid and the long haul necessary to reach the market have made it commercially impracticable to convert the fumes into sulphuric acid.

Involves Big Outlay. The erection of acid plants of sufficient capacity to convert the smelter gases would involve an outlay of at least several million dollars. Under normal conditions it would take four months to complete the plants. In the present situation, at least six months would be required. The bureau of soils estimates that sulphuric acid could be made by some of the western smelting plants at approximately one-half the normal cost of producing the acid in the East where pyrites are used. The saving in cost of manufacture in the West, however, would be partly offset by the long haul necessary to bring the acid to the eastern market.

In view of the difficulties in the way of the production and utilization of sulphuric acid for fertilizer purposes, the bureau of soils has endeavored to develop a commercial method, involving the use of the electric furnace, for manufacturing phosphoric acid, which can be used as a substitute. Through this method double super-phosphate, which will contain 40 to 50 per cent of water-soluble phosphoric acid, or the still more concentrated form of ammonium phosphate, could be secured. But the use of the electric furnace for the purpose is commercially feasible only where phosphate rock, coal, and cheap water-power are readily available. The department is investigating this matter to ascertain whether there are localities where these conditions exist and, where, therefore, double super-phosphate may be made.

The Nitrogen Situation. The nitrogen situation is of less pressing concern. Cottonseed meal forms the bulk of the nitrogenous substances entering into commercial fertilizers. The amount available for fertilizer use is dependent upon the annual production of cotton and the demand for the meal for feeding stuffs. The supply of dried blood and tankage, also sources of nitrogenous material, is dependent upon the number of animals slaughtered. Only a few large packing concerns conserve these products, which are now used to a considerable extent as cattle feed as well as for fertilizer purposes. Investigations of the bureau of soils have shown that there is a large amount of waste from the fisheries and fish canneries, especially on the Pacific coast and in Alaska. This material could and should be made into

fish scrap, which would have a value of about \$1,200,000 for fertilizer purposes. Owing to the demand for nitric acid for munition purposes, the price of nitrate of soda advanced approximately \$1.10 per hundred pounds during the year prior to November, 1915. Only a very small percentage of the nitrates imported from the Chilean beds goes into fertilizers, being mainly incorporated in special brands for greenhouses and trucking purposes. This item alone, therefore, will not cause much embarrassment to American farmers.

By-Product of Coal. One of the most important sources of nitrogen for commercial fertilizer purposes is ammonium sulphate. This is produced as a by-product in the destructive distillation of coal for the preparation of coke. The nitrogen contained in the coal is evolved as ammonia and is caught and neutralized with sulphuric acid. Formerly all coke was made in the beehive oven, which did not provide for the confinement of the combustible gases produced. These were burned as evolved and the ammonia carried by them was likewise lost. The domestic production of ammonium sulphate from the coke oven is only one-fifth of what it could be were the beehive oven entirely displaced by more modern types. During the past few years there has been a slow transition from the use of the beehive oven. It is not imperative, therefore, to resort to extreme measures to increase the production of ammonia.

Another source of nitrogen is found in garbage. The investigations of the bureau of soils indicate that if the garbage of all cities having a population of 30,000 and over were converted into garbage tankage, the product would be worth for fertilizer purposes at least \$3,500,000. In view of the present situation, immediate steps should be taken by all municipalities to conserve the garbage and to make it available for use in the fertilizer trade.

The bureau of soils is studying also the problem of the fixation of atmospheric nitrogen with a view to develop a method for the production of ammonium phosphate and other forms of concentrated fertilizers. No ammonium phosphate is being made in this country at the present time. If cheap water-power, phosphate rock, coal, and limestone can be found in accessible localities, the possibility of making this material on a commercial scale is considered entirely feasible. The greatest difficulty here is to discover cheap water-power at points where phosphate rock, coal, and limestone are readily available. The department is making every effort to locate available sources of developed water-power which can be used in the manufacture of ammonium phosphate and other fertilizers.

It must not be understood that the suggestions which have been made, or the efforts which are now being put forth, will result in immediate relief for farmers. There is a number of technical problems which have to be solved if these fertilizers are to be produced on a commercial scale, and even if the funds for the necessary plants were provided, either from private or public sources, considerable time necessarily would be required for the erection of the plants and for their full operation.

Save Fertilizer Elements. In the unusual conditions existing in the fertilizer trade, it is important that all fertilizing materials on the farm, especially those containing potash, should be conserved. The fertilizer ingredients already existing in the soil should be utilized and developed to the fullest extent. A great deal can be accomplished in this direction by deep plowing, constant cultivation, and thorough tillage. There should be a proper system of rotation. Especially where one crop has been grown for several years a different one should be planted this year. Green manures and cover crops should be used as much as possible in their proper rotation.

Of the organic substances, manure, both solid and liquid, is the most important and should be utilized wherever possible. All material of an organic nature, such as leaves and bedding of various sorts, should be composted and the compost applied to the soil. Special attention should be given also to the conservation of wood-ashes. Depending on the character of the wood, they contain potash in quantities varying ordinarily from three to ten per cent. All tree trimmings, brush cuttings, etc., should be burned and the ashes derived therefrom utilized.

The application of lime to many soils is of undoubted benefit. Though the availability of the fertilizing elements in the soil may not be greatly increased by its use, the resulting improvement in physical and bacterial conditions may increase considerably the productiveness of the soil.

Farmer Buried Alive. Warsaw, Ind.—Martin Greenbaum, a farmer, narrowly escaped death under a strawstack. Cattle had burrowed in the stack so that it threatened to topple over. Greenbaum attempted to prop up the stack and was caught under it when it collapsed. He was dug out two hours later by relatives, who missed him and who had found him under the straw after a long hunt. He was almost suffocated when rescued.

Found an Old Cowbell. Conyers, Ga.—H. C. Penn has in his possession a cowbell found by him in Ben Carr bottoms in the year 1856. The bell is of brass, and unlike most small bells now, is made of one solid piece of metal.

friend Homer, in Chicago, say something about relatives named Waygite. So he wrote Homer.

"Katherine Waygite is my mother-in-law," Homer wrote back.

Then the meeting was arranged.

A Threat. Peddler—This salve I am selling, sir, is a splendid thing for sprains and bruises of all kinds.

Business Man (savagely)—Then you don't clear out you'll need a lot of it for personal use.

## HOME TOWN HELPS

### WORTH KEEPING IN MIND

Some "Don'ts" for the Consideration of Those Who Are Planning Building of House.

If you are planning to build a house, whether it be for your own occupancy or for rental or sale, remember there are many things which should be omitted in the planning. Some of these are enumerated in the following "don'ts":

Don't, in the plumbing of the bathroom closet, permit the use of other than a gas-proof metal to metal connections with the soil pipe.

Don't, in planning your home grounds, forget that there is one form only of imitation that is safe—the imitation of nature.

Don't, if you are building in the country, think that you cannot have an electric equipment. Private electric light and power plants are quite within reach of even the moderate-sized purse, and furnish abundant light and current for the modern household appliances.

Don't forget that wall board is a very good substitute for lath and plaster, and that fractures which often occur in walls of plaster are not possible where this material is used.

Don't forget that you can make the back entrance to the new house quite as attractive as the front entrance.

Don't, when planning the fireplace, fail to remember that good taste is expressed in a simple mantel designed according to the architecture of the house.

Don't forget that mirrors, in addition to fulfilling their utilitarian purposes of reflecting objects, help architecture.

Don't fail to allow for plenty of windows in the kitchen. This makes for cheer as well as for ventilation.

Don't waste space inside the wardrobe closets; utilize every inch. Poles for hangers may be placed very high for one-piece frocks, lower ones for coats and skirts, and underneath these drawers or shelves to take care of the boots, slippers and hats.

Don't, in planning for the windows in the sleeping room, ignore the possibilities of a casement window placed very high above the head of the bed.

This solves quite satisfactorily the problem of an additional window, and in appearance is most pleasing.

Don't plan for single doors between the living rooms and the hall. Wide openings give an air of spaciousness and a hospitable effect not possible to obtain with a single door.

Don't forget that a beamed ceiling not only looks more durable than a ceiling of plaster, but that it is so. The more exposed timbers there are in the interior the longer will be the life of the house. Plaster retards the action of the air upon wood, and this causes decay.

### MAKING THE CHILDREN HELP

Small Citizens Being Interested in Developing and Beautifying City in Which They Live.

Among the many cities that are taking thought for the future in their planning, one seems more forward looking than the rest. That city is Newark, N. J. Not only are plans being drawn for the development of the city, but school children are being acquainted with the general trend of thought in city planning, and are being shown pictures of the objects of beauty, bridges, monuments, arches, water fronts, and boulevards, of the notable cities of the world.

Such has been the success of the work in Newark, judging by the interest aroused among the school children, that the committee on public information of the American Institute of Architects has decided to try to make cities all over the country take up a movement to appeal to children in schools.

No city plan is safe from being neglected and forgotten if the coming generation is not trained in a sense of beauty and fitness that will recognize the needfulness of proper development. One of the causes of the neglect of cities at this time and of the ugly and hideous things that have been permitted to be built in them is the lack of early education in a sense of the beautiful.

There is a direct economic benefit to be derived from making a city beautiful. Any city that has developed along the right lines will exemplify this statement. Generally the physical appearance of a city is a sure index to the character and ideals of its citizens. The whole city planning movement speaks well for a spread in common sense, in the ability to think, and in a sense of enduring values, among the citizens of American cities.

Washington has as much need to teach its school children the essential things about a "city beautiful" as any other city has. Time and time again the city planning of Washington has been threatened with being warped and violated by persons who decline to look into the future.

An Awful Jolt. "Do you know, Miss Cautique," remarked young Sapleigh the other evening, "that I—aw—actually believe I'm—aw—losing my mind?"

"Indeed!" exclaimed Miss Cautique. "But how can you tell?"

Method in His Madness. "Do you mean to tell me that you are an admirer of the mfragette?" asked the old-fashioned female.

"Sure thing," answered the alleged humorist. "She is good for at least three jokes and a sonnet each week."

## Are You Well?

### What would you give to be perfectly well? All you have got, of course, it may be that your trouble is of a catarrhal nature. Catarrh of the head. Catarrh of the stomach. Catarrh of some internal organ. If so, Peruna will help you on the road to perfect health. If you want to be convinced, buy one bottle. No further argument will be necessary.

### Coughs Colds Catarrh

PERUNA TONIC

Up-to-Date. "How is Doctor Wombat as a physician?"

"Best ever. When you get exhausted over bridge he prescribes dancing as a rest cure."

## BILIOUS, HEADACHY, SICK "CASCARETS"

### Gently cleanse your liver and sluggish bowels while you sleep.

Get a 10-cent box. Sick headache, biliousness, dizziness, coated tongue, foul taste and foul breath—always trace them to torpid liver; delayed, fermenting food in the bowels or sour, gassy stomach. Poisonous matter clogged in the intestines. Instead of being cast out of the system is re-absorbed into the blood. When this poison reaches the delicate brain tissue it causes congestion and that dull, throbbing, sickening headache.

Cascarets immediately cleanse the stomach, remove the sour, undigested food and foul gases, take the excess bile from the liver and carry out all the constipated waste matter and poisons in the bowels.

A Cascaret tonight will surely straighten you out by morning. They work while you sleep—a 10-cent box from your druggist means your head clear, stomach sweet and your liver and bowels regular for months. Adv.

It is better to hit the bull's-eye in a short sermon than to tire the singer into repentance with a long one.

For a really fine coffee at a moderate price, drink Denison's Seminole Brand, 35c the lb., in sealed cans.

Only one merchant in each town sells Seminole. If your grocer isn't the one, write the Denison Coffee Co., Chicago, for a souvenir and the name of your Seminole dealer.

Buy the 3 lb. Canister Can for \$1.00.—Adv.

All the good novelists are rich—in imagination.

Dr. Pierce's Pleasant Pellets are the original little liver pills put out 40 years ago. They regulate liver and bowels.—Adv.

Self-confidence is all right if you are in a position to back it up.

### Why That Lame Back?

Morning lameness, sharp twinges when bending, or an all-day backache; each is cause enough to suspect kidney trouble. Get after the cause. Help the kidneys. We Americans go it too hard. We overdo, overeat and neglect our sleep and exercise and so we are fast becoming a nation of kidney sufferers. 72% more deaths than in 1890 is the 1910 census story. Use Doan's Kidney Pills. Thousands recommend them.

A Nebraska Case

J. A. H. Hammond, Randolph, Neb., says: "Constant bending and heavy lifting, such as is required in my work, weakened my kidneys and back. It was hard for me to stoop or ascend the stairs, and the kidney secretions were so offensive that I was obliged to use Doan's Kidney Pills for these ailments and they are the only medicine that has ever brought me relief. They have improved my condition in every way."

Get Doan's at Any Store, 50c a Box

DOAN'S KIDNEY PILLS  
FOSTER-MILBURN CO., BUFFALO, N. Y.

### PILES CURED

I treat piles by a mild safe method without knife or hospital operation. Established for years. Write for list of patients.

C. Y. Clement, M. D., 535 Good Bldg., Des Moines

### PATENTS

Wattson E. Coleman, Patent Lawyer, Washington, D.C. Advice and books free. Rates reasonable. Highest references. Best service.

### Sloux City Directory

"Hub of the Northwest."

FOR THE BEST OF THE YEAR

### RICE BROTHERS

Live Stock Commission Merchants at SIOUX CITY, Chicago or Kansas City

### Kodaks DEVELOPING and PRINTING

Send for Catalogue and Finishing Price List. ZIMMERMAN BROTHERS, 66 First St., Sioux City, Ia.

### SHIP YOUR HIDES Furs and Wool

Pattern of a No. 1 Hide

Low, Bollen & Rogers, Sioux City, Iowa. If we get the goods, you get the money. Have your bank look us up.

W. N. A., SIOUX CITY NO. 6-1916.

## Three Hundred Million Bushel Crop in 1915

### Farmers pay for their land with one year's crop and prosperity is never so great.

Regarding Western Canada as a grain producer, a prominent business man says: "Canada's position today is sounder than ever. There is more wheat, more oats, more grain for feed, 20% more cattle than last year and more hogs. The war market in Europe needs our surplus. As for the wheat crop, it is marvelous and a monument of strength for business confidence to build upon, exceeding the most optimistic predictions."

Wheat averaged in 1915 over 25 bushels per acre  
Oats averaged in 1915 over 45 bushels per acre  
Barley averaged in 1915 over 40 bushels per acre

Prices are high, markets convenient, excellent land, low price either improved or otherwise, ranging from \$12 to \$20 per acre. Free homestead lands are plentiful and not far from railway lines and convenient to good schools and churches. The climate is healthful.

There is no war tax on land, nor is there any conscription. For complete information as to best locations for settlement, reduced railroad rates and descriptive illustrated pamphlets, address Superintendent Immigration, Ottawa, Canada.

J. H. MacLachlan, Drawer 197, Westview, S. D., R. A. Garrett, 311 Jackson St., St. Paul, Minn. Canadian Government Agents

### REUNITED AFTER 54 YEARS

Brother and Sister Meet in Chicago After Separation of Over Half Century.

Chicago.—A gray haired, wrinkled man and a plump, kindly old woman faced each other in the home of Detective John Homer at 7229 South Carpenter street.

"Well, Harrison!" said the woman.

"Well, Katherine!" said the man.

Then both smiled.

The two were Harrison Waygite of Fayette county, Pennsylvania, and Mrs. Katherine Farquhar of Galesburg, Ill. Although the two are brother and sister, they had not met in fifty-four years.

Waygite, who is sixty-five, remarked to his son two weeks ago that he wished he could find some trace of his sister. The son recalled that at one time his aunt had lived in Galesburg and wrote to John Hiatt, chief of police.

Hiatt remembered having heard his